What is claimed is:

1. A method of regenerating a pressing mold comprising removal of a carbon-based film from a pressing mold having the film on a molding surface thereof, characterized in that the removal of the film is performed by etching with plasma of a hydrogen-based gas or treatment with UV ozone.

2. The method of claim 1, wherein the hydrogen-based gas is hydrogen gas or a mixed gas of hydrogen gas and argon gas.

3. The method of claim 1, wherein the pressing mold having the carbon-based film on the molding surface thereof is heated to higher than or equal to 100°C and less than or equal to 600°C during the UV ozone treatment.

4. The method of claim 1, wherein the molding surface is cleansed with an acid solution or an alkali solution prior to conducting plasma etching or UV ozone treatment.

5. The method of claim 1, wherein the method further comprises a step of forming a carbon-based film on the molding surface from which the film has been removed.

6. The method of claim 1, wherein the film of the pressing mold that will be subjected to the etching or UV ozone treatment is a deteriorated film.

7. A method of manufacturing an optical glass element comprising press molding of a heat-softened glass material in a pressing mold having a carbon-based film on a molding surface thereof, characterized in that the pressing mold is that has been regenerated by removing a carbon-based film on the pressing mold having the film on the molding surface thereof by hydrogen gas plasma etching or UV ozone treatment, after which a carbon-based film has been formed on the molding surfaces from which the film has been removed.

8. The method of claim 7, wherein the carbon-based film of the pressing mold that will be subjected to etching or UV ozone treatment is a deteriorated film.